



Workshop:
Healing Body and Mind
Bringing Balance and Ease into Every Day Life

at 1105 Iredell Street, Durham, NC

Monday November 26th, 2007

Time: 7 pm - 9 pm

Cost: \$25

From where we stand now, we may be able to reflect on what kinds of external experiences have shaped the course of our lives, but we may have no idea how years of restriction have affected the internal aspects of our body - our senses, nerves, organs, and circulatory systems – perhaps even the ways our minds operate.

Although our bodies are an ever-present resource for enjoyment and accomplishment, we may have neglected them a long time. They may bear the secret scars of agitation and anger, strong thoughts, and a propensity to rash actions. They may be blocked by knots of tension that close off the flow of feeling.

Kum Nye provides an opportunity to open these knots from within and bring up the feelings that have been locked within them.

Kum Nye Offers the tools we need to relax deeply and open sensory fields of our being, touching sensitive places and embracing strong feelings without fear through gentle physical movements and meditation.

Practicing these exercises, we develop joy that can wash out the painful residues of regret and transform anger and resentment into positive expressions.

As we learn the language of our own bodies and senses, we gain more control over feelings, thoughts, and our style of expression.

We can find our true foundation, improve connections between senses, body and mind, and create a new life for ourselves based on a better understanding of our own embodiment. In a way we have never before experienced, we can truly **BE**.

Arnaud Mailand will lead the seminar. He has over 25 years of experience leading Kum Nye workshops and is one of the most experienced Kum Nye teachers in the world.

Pre-registration is required for this workshop.

Please call (919) 286-9530 or email teribeckman@mindspring.com to register.

Proceeds go to support the Tibetan text preservation project.